



REVOLUTIONARY FITNESS RANKING SYSTEM



AGE BRACKET 2

MEN & WOMEN

FitRanX® Bodyweight % and Box Heights

Single KB Weights (kgs)

Weight Class	BW lbs	5%	10%	15%	20%	25%	30%	35%
Fly Weight	1-124.9	4	6	8	12	14	16	18
Bantam Weight	125-149.9	6	8	12	14	16	18	20
Feather Weight	150-174.9	8	12	14	16	18	20	24
Light Weight	175-199.9	12	14	16	18	20	24	28
Welter Weight	200-224.9	14	16	18	20	24	28	32
Middle Weight	225-249.9	16	18	20	24	28	32	36
Super Middle Wt	250-274.9	18	20	24	28	32	36	40
Heavy Weight	275-299.9	20	24	28	32	36	40	44
Super heavy Wt	300+	24	28	32	36	40	44	48

Double KB Weights (kgs)

Weight Class	BW lbs	10%	20%	30%	40%	50%	60%	70%
Fly Weight	1-124.9	4's	6's	8's	12's	14's	16's	18's
Bantam Weight	125-149.9	6's	8's	12's	14's	16's	18's	20's
Feather Weight	150-174.9	8's	12's	14's	16's	18's	20's	24's
Light Weight	175-199.9	12's	14's	16's	18's	20's	24's	28's
Welter Weight	200-224.9	14's	16's	18's	20's	24's	28's	32's
Middle Weight	225-249.9	16's	18's	20's	24's	28's	32's	36's
Super Middle Wt	250-274.9	18's	20's	24's	28's	32's	36's	40's
Heavy Weight	275-299.9	20's	24's	28's	32's	36's	40's	44's
Super heavy Wt	300+	24's	28's	32's	36's	40's	44's	48's

* If gym has KBs that are in lbs and not kg, then refer to the chart below and use the corresponding size in lbs.

* If gym does not have "inbetween" sizes (6kg, 10kg, 14kg, 18kg), use the heavier size (8kg, 12kg, 16kg, 20kg)

Box Height Under 5'6" 5'6" and Over

Bracket 1

High	18"	24"
Medium	12"	18"
Low	6"	12"

Box Height Under 5'6" 5'6" and Over

Bracket 2

High	12"	18"
Medium	6"	12"
Low	1"	6"

Box Height Under 5'6" 5'6" and Over

Bracket 3

High	6"	12"
Medium	1"	6"
Low	Line	1"

KB kg to LB conv

1 kg	=	2.2 lbs	20 kg	or	45 lb
4 kg	or	10 lb	22 kg	or	50 lb
6 kg	or	15 lb	24 kg	or	55 lb
8 kg	or	20 lb	28 kg	or	60 lb
10 kg	or	25 lb	32 kg	or	70 lbs
12 kg	or	25 lb	36 kg	or	80 lb
14 kg	or	30 lb	40 kg	or	90 lb
16 kg	or	35 lb	44 kg	or	100 lb
18 kg	or	40 lb	48 kg	or	110 lb

LEVEL 2

STRENGTH

MEN // WOMEN

AGES 36-55

PULL INVERTED ROW • REPS: 8 // REPS: 6



⌚ REST 1:15 MINUTE

SQUAT BODYWEIGHT SQUAT ARMS OVERHEAD • REPS: 50 // REPS: 50 • TIME LIMIT: 2 MINUTES FOR BOTH



⌚ REST 1:15 MINUTE

PUSH PUSHUPS • REPS: 20 // REPS: 8



⌚ REST 1:15 MINUTE

HINGE WEIGHTED HIP THRUST • REPS: 20 • WEIGHT: 10% OF BODY WEIGHT // REPS: 20 • WEIGHT: 5% OF BODY WEIGHT



⌚ REST 1:15 MINUTE

CORE SIDE PLANK – FROM FOREARMS • TIME: 30 SECONDS PER SIDE FOR BOTH



⌚ REST 1:15 MINUTE

KETTLEBELL ALT SWING • REPS: 50 • WEIGHT: 14KG // REPS: 50 • WEIGHT: 8KG TIME LIMIT: 2 MINUTES FOR BOTH



⌚ REST 1:15 MINUTE

QUADSET - 3 ROUNDS WITH 1:00 MINUTE REST BETWEEN ROUNDS

JUMP ROPE • TIME LIMIT: 35 SECONDS FOR BOTH

1



FARMERS WALK • WEIGHT: 20% // WEIGHT: 10% • TIME LIMIT: 35 SECONDS FOR BOTH

2



FLOOR JACKS • TIME LIMIT: 35 SECONDS FOR BOTH

3



UNDULATING ROPE • TIME LIMIT: 35 SECONDS FOR BOTH • ROPE: 30'x1.5"

4

